

# Sleep Restored

**S**LEEPLESSNESS often comes from worry, anxiety, overwork and the like, all of which act by causing strain on the nerves.

The nerves are tired and they want more food. But it must be food that contains just those substances which are used up in the nerves when they become tired.

Drugs are worse than useless; they merely whip the tired nerves and use them up faster than ever. *Viol* is a direct nerve food, made from natural substances, and builds up nerve tissue.

*Viol* promotes sleep by strengthening and soothing the nerves. The sleeper, instead of suffering from "that heavy feeling" which follows the taking of narcotic drugs, awakens with a sense of new vitality, because *Viol* has supplied just the food needed.

## VIROL

For sleeplessness take one tumblerful of warm milk, to which is added a teaspoonful of *Viol*, three times a day—one tumblerful on retiring to bed. It is a wonderful tonic for Nursing Mothers.

IN JARS 1/3, 2/-, and 3/9.

Used in more than 3,000 Hospitals and Infant Welfares.

VIROL LIMITED, HANGER LANE, EALING, LONDON, W.5.

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